

UNDERSTANDING PTS(D)



DATE: 06/08/2023

8 HOURS CLEET

TIME: 0900 – 1600

2 HOURS MH

LOCATION: 6195 W. Highway 20, 6195 OK-20, Pryor, OK 74361 (Anglin Building)

INSTRUCTOR: Josiah Moore

Working in Law Enforcement is a risk factor for Post Traumatic Stress (PTS). Whether we realize it or not, this job takes a toll on us all. We often encounter traumatic events while performing our duties, such as responding to crime scenes, accidents, and emergencies. These experiences can significantly impact our mental health, well-being, and ability to perform our job effectively. You must understand the effects of trauma to recognize and address the signs of trauma in yourself and your colleagues. If left untreated, trauma can lead to various mental health issues, including post-traumatic stress disorder (PTSD), anxiety, depression, and substance abuse. This class will address issues with stigma, treatment, and our overall goal moving forward.

Email @ jmoore@rcsheriff.org to register.